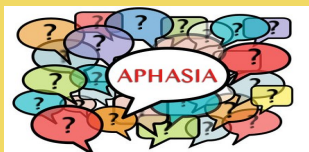


June is:

- National Aphasia Awareness Month



- National Congenital Cytomegalovirus Awareness Month
- National Scleroderma Awareness Month
- National Safety Month
- Scoliosis Awareness Month



- National Hunger Awareness Month
- Child Vision Awareness Month
- Children's Awareness Month
- National GLBT Pride Month



- PTSD Awareness Month
- Helen Keller Deaf-Blind Awareness Week (June 24-30)
- National Cancer Survivors Day (June 3)
- World Sickle Cell Day (June 19)

June 19:
World Sickle Cell Day



Fentanyl Soars to the Top

Synthetic opioids (like fentanyl) are now the number one cause of overdose deaths, affirms a report from the Substance Abuse and Mental Health Services Administration. Fatalities rose an astounding 72 percent in just one year (2014 to 2015). The researchers also discovered that synthetic opioids, combined with another drug or alcohol, attributed to nearly 80 percent of overdose deaths in 2016.

Dealers are now mixing fentanyl with heroin, cocaine, and methamphetamines and pressing the opiate into counterfeit pills to intensify the high and increase the dealer's net income. A recent traffic stop on Route 222, near the border of Berks and Lancaster counties, turned up 5,000 baggies of fentanyl-laced heroin worth \$50,000, according to authorities.

While users may think they know what they are buying, the unknown makes it extremely dangerous. Fentanyl is difficult to identify since it basically has no taste, color, or odor. An overdose from this drug can occur in 60 seconds compared to an hour for pure heroin. Fentanyl is 50-100 times more powerful than heroin or morphine. In 2017, 66 percent of the overdose deaths in Philadelphia were positive for the opiate, a 44 percent increase from 2016. Last year, in the Lehigh Valley, at least 31 deaths were linked to fentanyl. In March, Governor Wolf classified it as a banned substance to help law enforcement curb its use.



(Sources: Corky Siemaszko. "Fentanyl Figures in Most Fatal Drug Overdoses in the US, Researchers Say." www.nbcnews.com. May 1, 2018. "How Can I Protect My Child from Fentanyl? 5 Things Parents Need to Know." <https://drugfree.org/parent-blog/fentanyl-synthetic-opioids-5-things-parents-need-to-know/>. April 20, 2017. Vasil, Jim. "Bust on Route 222 Leads to \$50K in Fentanyl-Laced Heroin." <http://www.wfmz.com/news/berks/bust-on-route-222-leads-to-50k-in-fentanyl-laced-heroin/739785388>. May 8, 2018. <https://www.overdosefreepa.pitt.edu/wp-content/uploads/2018/01/Cocaine-Fentanyl-Combination-in-Pennsylvania.pdf>. <http://www.mcall.com/news/breaking/mc-nws-synthetic-fentanyl-law-enforcement-20180322-story.html>; <https://www.therecoveryvillage.com/fentanyl-addiction/related-topics/what-does-fentanyl-taste-like/#gref>)

The Brain on Pot

Adolescents who are habitual pot smokers scored much lower on memory, learning, and other cognitive tests than non-users did, concluded research published in JAMA Psychiatry: The Journal of the American Medical Association. The study--which examined the immediate impact of marijuana on the brains of young people--found that when these chronic consumers abstained for 72 hours, their cognitive functions returned almost to the level of non-users. psychiatry at Rutgers-School, explained that the brain (reasoning and developed until age 25. He also noted that pot escapes the probability of "dropping out [of] high school, increases the likelihood [of] marijuana.



Even with that information, 13 states have decriminalized—**not legalized**—cannabis. Currently, Pennsylvania allows marijuana possession for medical purposes only. However, several cities across the state (Erie, Philadelphia, Pittsburgh, Harrisburg, York, and State College) have decided to stop arresting people for small amounts of pot. Joining those municipalities, Allentown City Council recently approved of an ordinance that permits individuals to have 30 grams or less within city limits. Rather than a misdemeanor, possession of this amount would be a summary offense. A first-time violation would be equivalent to a parking ticket and carry a \$25 fine. Allentown Mayor Ray O'Connell must sign off on the legislation or veto it in the next few days. Bethlehem City Council is considering a similar measure.

(Sources: Scott, J. Cobb, PhD; Samantha T. Slomiak, MD; Jason D. Jones, PhD; et al Adon F. G. Rosen, BS; Tyler M. Moore, PhD; and Ruben C. Gur, PhD. "Association of Cannabis With Cognitive Functioning in Adolescents and Young Adults: A Systematic Review and Meta-analysis." JAMA Psychiatry. April 18, 2018. Opilo, Emily. "Council Sets Stage for Clash with DA." *The Morning Call*. 5/16/18. <https://drugfree.org/article/how-to-talk-about-marijuana/>; <https://www.mpp.org/states/pennsylvania/>)

FREE SUMMER ACTIVITIES



Movies: For times, places, and dates, click on the links.

- ♦ South Whitehall Township shows family movies in the park at dusk. Bring blankets and chairs! southwhitehall.com/parks-recreation/events-programs/movies-in-the-park/
- ♦ The Levitt Pavilion Steel Stacks presents Family Movie Night on Wednesdays at 8 pm. Food and beverages are available for purchase. www.steelstacks.org/events/peas-qs-family-programming/
- ♦ Join Forks Township Parks and Recreation for its annual Movies in the Park. Concessions are available. Bring a lawn chair or blanket. Shows start at dusk. www.forkstownship.org/recreation/events.html
- ♦ Enjoy an outdoor family movie in Upper Macungie Township at dusk (7 pm). Families should bring their own blankets or chairs to sit on. www.uppermac.org/movies-in-the-park/
- ♦ Emmaus Community Park holds outdoor movies on the 4th Fridays in June and July. www.borough.emmaus.pa.us
- ♦ Bring blankets, chairs, and a picnic to experience movies under the stars in Bethlehem area parks all summer long. www.bethlehem-pa.gov/parks/images/2018/Movies%20in%20the%20park2018.jpg
- ♦ The Allentown Parks and Recreation department hosts its annual movies in the park series each week. Movies range from PG ratings to PG-13. www.allentownpa.gov/Parks-and-Recreation/Recreation/Recreation-Programs/Movies-in-the-Park

Family Fun: For more details, click on the links below the descriptions.

- ♦ The Peas & Q's family concert and entertainment series features local musicians and children's entertainers plus arts, crafts, films, and storytelling every Saturday at 11:30 am on the TD Community Stage. Snacks and drinks are available for purchase. www.steelstacks.org/events/peas-qs-family-programming/
- ♦ Home Depot offers monthly kids' workshops on the first Saturday of each month to help children learn how building and working with their hands can be fun. Register online to find a time and available location. Projects are ideal for children 5-12 years old. workshops.homedepot.com/workshops/
- ♦ Admission and parking are free every Sunday at the Allentown Art Museum and includes an ArtVentures activity program for children. www.allentownartmuseum.org
- ♦ America on Wheels, the road transportation museum in Allentown, has free admission 12-5 pm on Sundays for ages 12 and under. americanwheels.org

Story Hour: Call your local library for their times.

- ♦ Barnes and Noble--Lehigh Valley Mall
Saturdays at 11:00 am
- ♦ Barnes and Noble--Promenade Shops
Check website for times and dates.
store-locator.barnesandnoble.com/store/2259

Day Camps: If you do not have access to a computer, visit your local library.

- ♦ Click on the link. Choose a category. View the site for more details.
<http://lehighvalley.findandgoseek.net/category/day-camp>

13 Reasons Why Returns

Last spring, Netflix broadcast the drama *13 Reasons Why*, a controversial series that tackled suicide, bullying, and mental health. On May 18, the entertainment company released season 2. Mental health advocacy groups and suicide experts from around the world expressed their concerns about whether the series presented risks to some viewers because of certain issues. They asked Netflix to cover these complicated topics responsibly. In a recently released statement, these organizations conveyed their concerns to parents, educators, and professionals who work with youth. The complete response is available through this link: http://www.pasap.org/resources/Documents/13%20Reasons%20Why%20Pre-Release%20Statement_SAVE.pdf. There's also a link to the "Suicide Awareness Voices of Education" website, including toolkits for youth, parents, families, and educators. (Source: the Pennsylvania Association of Student Assistance Professionals)

Parent Resource Corner

Stake a claim on a relaxing summer!
Click on the links for great tips.

- ♦ https://www.huffingtonpost.com/grown-and-flown/11-ways-to-reclaim-a-relaxing-summer-for-your-family_b_5566703.html
- ♦ <https://childmind.org/article/strategies-for-a-successful-summer-break/>
- ♦ www.huffingtonpost.com/george-sachs-psyd/10-parenting-tips-to-preserve-summer-sanity_b_7727008.html

Thank you to our newsletter sponsor—the Lehigh County Department of Human Services, Drug and Alcohol Division!

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